



## Mindfulness Simplified

Mindfulness is simply about being mindful of what you're thinking and deciding where you choose to focus your attention. We all get stuck in mental ruts and think and behave in ways that can be counterproductive. Mindfulness is about deciding to look on the bright side and deciding to be kind to yourself and others.



Mindfulness is a chance to snap out of it, push the reset button and have a fresh start.

Mindfulness is not a new age fad. It's been around forever but, in the past decades, research has shown that the benefits of mindfulness are many. Some of the proven benefits include stress reduction, improved concentration, boosts to working memory, being less emotionally reactive, etc.

### Let's Practice:



#### **Stop. Breathe. Think about your thinking.**

What part of the image is your attention drawn to first? Is your focus initially drawn to the orange center? Where do your eyes and attention go from there? Notice how you can zero in on the center or decide to focus on the other vibrant colors of the flower. We all have the power to guide our thoughts consciously – to zoom in and zoom out on specific things in our environment and inside our minds. You can decide how long you want to look at the flower, what parts of the image you want to focus on and decide when to turn your attention to something else.

#### **This is mindfulness in action.**

So often our attention is rooted in the future or the past. When we do that we aren't **living in the now**. When you're on "automatic pilot" you miss things. When was the last time you really savored every bite of that expensive restaurant meal? How about taking in every moment of the sunset? Or playing with your children and experiencing the pure joy of being with them?

**Stop. Breathe. Think about your thinking. Deciding to look on the bright side of life and deciding to be good to yourself and others.**

***Mindfulness: it's as simple as that!***

If you are having any personal or workplace issues, please call CHI Health – EAP at 402-398-5566 or 1-888-847-4975.